

City of Renton Community Services Department
Nationally Accredited Commission
for Accreditation of Park and Recreation Agencies

"Committed to Enriching Lives"

Golden Opportunities

October - December 2007

Over 101 Ways to Stay Young for Adults 50 and Over.

Now for
50+

Renton Senior Activity Center
425.430.6633 - www.rentonwa.gov

Welcome

Welcome

The City of Renton Community Services Department provides a drop-in facility for **adults 50 years of age and older**. Our mission is to provide a focal point in our community for quality recreational, social, health, educational, and nutritional services. We offer a variety of activities that encourage fun, friendship, and socialization in a warm and inviting atmosphere. We invite you to come in and see what we have to offer.

Welcome	page 2
Dance	page 2
Trips and Tours	page 3
Friday Frolics	page 4
Bert's Tuesday Trips	page 4
Computer Classes	page 5
Creative Arts	page 6
Special Events	pages 7 - 9
General Interest	page 10
Hikes	page 10
Fitness	page 11
Sports	page 11
Healthy Lifestyles	page 12
Financial Workshops	page 12
Ongoing Activities	page 13
Legal Services	page 13
Special Services	page 14
Nutrition	page 14
Transportation	page 14
General Information	page 15
Registration	page 15
Fabulous Friday	page 16

Meeting Space

Programs under the auspices of the City of Renton receive first consideration, but meeting space is available to Renton-based senior citizen groups. Use is contingent on space and time availability. Interested parties should contact Shawn Daly for information and scheduling.

American Association of Retired Persons (AARP) –

Third Friday of each month at 1:00 pm - LMTG

National Association of Retired Federal Employees (NARFE) – Second Thursday of each month at 1:00 pm - LMTG

Renton Retired School Employees Association (RRSEA) – First Tuesday of each month at 1:00 pm - LMTG

Retired Public Employees (RPE) – Second Tuesday of each month at 12:30 pm - SMTG

Senior Advisory Board – First and third Monday of each month at 10:00 am - SMTG

Special Closures

The Renton Senior Activity Center will be closed November 12, November 22 (except for special event), November 23, December 24 and December 25.

Dance

BEGINNING MID-EASTERN DANCE

Have you seen the ladies dance in the Senior Revue and wanted to join them? This is for the beginning student and will concentrate on footwork, body movement and hand coordination. This type of dance is a wonderful form of exercise and is lots of fun! **No class November 22.**

43396 Thursday 10/18-11/29 \$27R/\$33.50NR A 10:00-11:00am

PERFORMING MID-EASTERN DANCE

Learn how enchanting this ancient form of dance can be. Revitalize grace and poise as you learn new moves, enhance old moves and put it all together to form a stunning dance routine. Come join the fun as you weave mystic moods. **No class November 23.**

43398 Friday 11/2-12/14 \$27R/\$33.50NR A 1:30-2:45pm

HAWAIIAN DANCE

Have you always wanted to learn the beautiful "Dance of the Islands?" Then this class is for you. You will learn simple footwork with hand and body movements to create an 'auna'-a modern hula. Come and join us for this low impact form of exercise and hula fun. Taught by Mahina Lazzarro.

43045 Tuesday 10/2-11/6 \$19R/\$23NR LMTG 10:00-11:30am

43046 Tuesday 11/13-12/18 \$19R/\$23NR LMTG 10:00-11:30am

BEGINNING TAP DANCE

Come and learn how to tap dance by learning individual steps and combining them into a routine. Join instructor Darlene Jones in an enjoyable hour of exercise.

Monday \$2 SR 9:30-10:30am

ADVANCED TAP DANCE

Combine learning new dance routines and perfect the ones you've learned before with instructor Darlene Jones. This group performs for outside organizations as well.

Monday \$2 SR 10:30-11:30am

Upcoming Dance Classes

Registration starts January 2, 2008.

BEGINNING BALLROOM DANCE – BOOMER SPECIAL

Monday 1/7-3/17 \$18R/\$21.75NR A 1:30-2:30pm

INTERMEDIATE BALLROOM DANCE

Monday 1/7-3/17 \$18R/\$21.75NR A 2:30-3:30pm

ADVANCED BALLROOM, LATIN & SWING

Monday 1/7-3/17 \$18R/\$21.75NR A 3:30-4:30pm

COUNTRY WESTERN LINE AND NON-PARTNER FOLK DANCE

Tuesday 1/8-3/11 \$18R/\$21.75NR A 2:15-3:15pm

COUNTRY WESTERN AND INTERNATIONAL FOLK PARTNER DANCES

Tuesday 1/8-3/11 \$18R/\$21.75NR A 3:15-4:15pm

Trips and Tours

If walking or climbing stairs poses a problem for you, check with staff prior to registering. Most trips include a Renton Senior Activity Center representative if minimum registration is met.

TROOPERS IN TRAINING AND LITTLE CREEK CASINO

Ever wonder what it takes to become a State Trooper? A tour of the Washington State Patrol Academy campus in Shelton gives us a glimpse of the rigorous, 26-week course required by their cadets, a process that includes water rescue, firearms and a 2.7 mile emergency vehicle driving course. Please be aware, there is quite a bit of walking on this trip. At the Little Creek Casino, you'll have a 1½ hour gambling opportunity. Lunch will be at the ever-popular Falls Terrace Restaurant in Olympia, overlooking the Deschutes River. Cost includes transportation, lunch, driver gratuity and a representative from the Renton Senior Activity Center.

41131 Tuesday 10/16 \$61R/\$66NR 9:40am–6:15pm

FUTURE OF FLIGHT AVIATION CENTER AND WIGHTS HOME AND GARDEN

Everett is home to the new Future of Flight Aviation Center, where a new generation of jets is being born. This unique interpretive facility is designed to let you experience the marvel of commercial jet aviation and production. Sit in a mockup of the new 787 Dreamliner jet, learn the principles of flight at the Airline Design Zone and tour the Boeing Assembly Plant that produces 777's and soon the new 787. Wight's Home and Garden is a family-owned business that is known for dazzling displays that inspire a customer's creativity in their home décor, gifts and garden art. There is always something new at Wight's Home and Garden. Lunch is at the Everett Olive Garden. Please make your selection at registration between: 1) Spaghetti with meat sauce or; 2) Fettuccine Alfredo. All lunches include a pasta dish, salad, breadsticks, beverage and ice cream. Please be aware that all passengers must be able to walk two full blocks. Cost includes transportation, admissions, lunch, driver gratuity and a Renton Senior Activity Center representative. Refunds after October 19 will be granted only if your spot can be filled. **Please register by October 4.**

41133 Tuesday 11/20 \$70R/\$75NR 8:15am–5:00pm

VICTORIAN COUNTRY CHRISTMAS

Step back in time as the Western Washington State Fairgrounds in Puyallup are transformed into a Victorian village featuring old-fashioned streets lined with over 560 Victorian stores, tended by shopkeepers in Victorian attire. You can shop for unique and handcrafted gifts or enjoy the entertainment and sample the vast array of scrumptious food offerings. Fee includes transportation only. Admission is \$7.50.

41134 Thursday 11/29 \$6 9:30am–4:00pm

LIGHTS OF CHRISTMAS

When you enter the grounds of Warm Beach Camp in Stanwood, you enter a land of enchantment, lit with over one million lights! With its dazzling light displays, the smell of fresh hot doughnuts and the holiday sounds of Victorian Carolers, the Lights of Christmas is the perfect holiday destination. Wander through their gift store, the Victorian building with its miniature village display, or sit down and relax while listening to live music. Before arriving at Warm Beach, we'll enjoy a buffet dinner at the Golden Corral in Marysville. Please be aware that this trip involves lots of walking and on some uneven terrain. Please wear comfortable boots or shoes and dress for the weather. Cost includes transportation, dinner, admission, driver gratuity and a Renton Senior Activity Center representative. Refunds after November 15 can be given only if your spot can be filled. **Register by November 14.**

41135 Thursday 12/6 \$59R/\$64NR 3:30pm–10:15pm



Friday Frolics

WHY TRIPS GET CANCELED

Nothing kills a great trip to a great destination faster than waiting until the last minute to register. Program staff monitors how registration is going and must determine if the trip is a go or not. If there are not enough travelers signed up, we have to cancel the trip. Please register well in advance.

The Friday Frolic excursions are back on! Join us for our bi-monthly short trips on our Express Mini-Bus.

REGISTRATION POLICY: Numbers will be given out at 8:01 am on October 1. Once numbers are gone, that trip will be considered full. (A waitlist is available, but you must request to be placed on it.) Registration begins at 9:00 am. Please note: You can register yourself and one other person. Trips are limited to 14 people.

KRISPY KREME/FAT BURGER

Enjoy a great big Fat Burger and top it off with a delicious, fresh, hot donut!

43380 Friday 10/12 \$3 10:00am-12:30pm

ALKI BEACH

A wonderful place to take a walk, dine at one of the many restaurants or enjoy the beach.

43389 Friday 10/26 \$3 10:00am-12:30pm

PIONEER SQUARE

Enjoy your time browsing the shops, visiting the museums or having lunch.

43382 Friday 11/9 \$3 10:00am-12:30pm

GILMAN VILLAGE

Experience all the village has to offer-unique shops, beautiful holiday decorations and a variety of restaurants.

43383 Friday 12/7 \$3 10:00am-12:30pm

SOUTHCENTER (WESTFIELD) MALL

Do you need to do any last minute shopping? Here's your chance! Just think...no parking hassles! Lunch on your own.

43384 Friday 12/21 \$3 10:00am-12:30pm

Bert's Tuesday Trips

Bert, our fabulous driver, has organized some exceptional day trips using our mini-bus. Bert's Tuesday Trips is a travel program that features exciting day trips that will be offered every two weeks. Please note: You can register yourself and one other person. Trips are limited to 14.

REGISTRATION POLICY: Numbers will be given out at 8:01 am on the registration date. Once numbers are gone, that trip will be considered full. (A waitlist is available, but you must request to be placed on it.) Registration begins at 9:00 am. Participants will line up in numerical order.

MUCKLESHOOT CASINO

Somebody might get lucky today; could it be you? This is definitely a favorite. Lunch is on your own at the casino.

43392 Tuesday 10/9 \$7 9:30am-3:00pm

REMLINGER FARMS AND OUTLET MALL

Remlinger Farms is well known for its home grown produce and is a wonderful fall destination. An independent lunch and time for shopping at the North Bend Outlet Mall stores will round out the day.

43390 Tuesday 10/23 \$7 9:30am-2:30pm

TULALIP CASINO AND SHOPPING

You have a tough decision to make today...make money or spend money! The Seattle Premium Outlet Mall is directly across the street from the casino, so you could do both! Lunch is on your own.

43391 Tuesday 11/6 \$7 9:30am-3:00pm

MORNING SUN

Here's a chance to do some early Christmas shopping. An independent lunch at the Emerald Queen Hotel will follow.

43393 Tuesday 11/27 \$7 9:30am-2:30pm

MOLBAK'S NURSERY

Molbak's is recognized both nationally and internationally as a leader and award winner in the horticulture industry. The holidays are a special time of year where they go all out in their decorations. What a treat! An independent lunch will follow.

43395 Tuesday 12/4 \$7 9:30am-2:30pm

ALDERWOOD MALL

A favorite destination at this time of year. Remember...only 7 days left! Lunch on your own.

43394 Tuesday 12/18 \$7 9:30am-2:30pm

Computer Classes

BEGINNING COMPUTERS

Class is geared toward the new computer user who has little or no experience with a computer. Become familiar with basic computer terminology. Take control of the mouse and keyboard while learning the fundamentals of computer operations. An introduction to some Windows software included.

43401 Tuesday 11/13-12/18 \$36R/\$42NR CMP 9:30-11:30am

BLOGGING

Weblogs (or blogs) are topical, web-based journals-similar to a website and have taken the Internet by storm. Blogs make political statements, promote products, provide information, or connect family and friends! Learn to change your template, add pictures, add and modify posts and links. Prerequisite-completion of Internet and You or familiarity with Windows-based software and the mouse. **No class November 22.**

43402 Thursday 11/15-12/13 \$24R/\$29NR CMP 12:30-2:30pm

COMPUTER LAB

We are connected to the Internet giving us access to electronic mail (e-mail) and web browsing. The lab will be monitored and is available to help you with other software programs that are available on our machines. You do not need to make an appointment, just come on in! However, you must have taken one of our computer classes previously to take advantage of the Computer Lab. We cannot accommodate first time computer users. If you have any questions, please see Debbie Little. **No lab November 23.**

Wednesday	CMP	12:30-2:30pm
Friday	CMP	9:30-11:30am

CREATE YOUR OWN COOKBOOK

Consolidate all those loose scraps of paper and design your very own cookbook personalized cookbook. What a great gift for a family reunion, a newly married couple, or a grandchild heading off to college. Don't forget to bring your recipes. Prerequisite: Completion of Word Part I is highly recommended. Bring a diskette, flash drive or CD-RW.

43403 Tuesday/Thursday 10/30-11/8 \$24R/\$29NR CMP 9:30-11:30am

ESSENTIALS OF SAVING FILES

Confused about saving files to the hard drive, diskette or flash drive? Curious about how to burn a CD? How will you know if a device is full? Wondering how to get a file back onto your hard drive? This class answers those pesky questions! Learn how to burn a CD, save files to different locations and verify which file is which. Understand the importance of saving files.

43404 Tuesday 10/30-11/6 \$16R/\$18NR CMP 12:30-12:30pm

INTERNET AND YOU

There's a big world out there and it's available to you via the Internet! Effectively searching for information can make or break your internet experience. Learn some of the best methods to use. Understand the importance of firewalls, virus and spyware protection. Learn how to print select information. Don't be afraid to shop the internet but learn how to do it safely. Get information you can take home and use! Prerequisite: Familiarity with Windows-based software and the mouse.

43405 Tuesday 11/13-12/18 \$36R/\$42NR CMP 12:30-2:30pm

LABELS

Create, sort, print! Just in time for the holidays. You'll begin by creating a simple set of labels in Word. Next, you'll produce a sortable address file in Excel. By merging that file into Word, you can print out labels, and a holiday letter with graphics! Prerequisite: completion of Word II or familiarity with Windows-based software required. Bring your address book and a diskette, flash drive or CD-RW. **No class on November 22.**

43406 Thursday 11/15-12/20 \$30R/\$36NR CMP 9:30-11:30am

SOFTWARE

Did you ever wonder what software programs are on your computer and what they do? This single session class will introduce and explain the basic concepts of many different programs that you may find on your machine. Don't be in the dark-and don't buy software that you don't need. Prerequisite: Beginning Computer recommended or familiarity with Windows-based software and the mouse.

43408 Wednesday 10/31 \$12R/\$14NR CMP 9:30-11:30am

VIRUSES, SPYWARE AND FIREWALLS

Whether you are new to a computer or an old hand, protecting your system is an ever-changing, on-going process. Learn what and how your machine can become "infected" and what you can do about it. Understand the difference between viruses, worms, spyware and cookies. What is a firewall and why do you need it? How often should you update software to stay protected? Don't be afraid to go online – but don't be a victim – be proactive! Join us!

43409 Thursday 11/1-11/8 \$16R/\$18NR CMP 12:30-2:30pm

WORD I

Understanding the basics of Microsoft Word gives you more than a leg up on word processing. Many of the procedures you will learn are transferable to other programs as well. Discover how to copy and move text; change margins, fonts and colors; save files to your computer, diskette or flash drive! Alter character formatting (bold, italic, etc.); indent paragraphs; add bullets; and top it all off with creating an envelope for mailing! Prerequisite: Familiarity with Windows-based software and using a mouse required. Bring a diskette or flash drive.

43411 Wednesday 11/7-12/12 \$36R/\$42NR CMP 9:30-11:30am

Creative Arts

WHY GOOD CLASSES GET CANCELED

Nothing kills a good course faster than waiting until the last minute to register. Program staff monitors how registration is going, and must determine if the class is a go or not. If there are not enough students signed up, the class is canceled. Coming in to register on the date the class is scheduled to start will probably not save it. Please, register prior to the first day of class.

BUNKA EMBROIDERY

Learn this beautiful form of Japanese embroidery. The class fee will include a demonstration and assistance with the kit of your choice. Kits are available for an additional fee paid directly to the instructor. Please bring a pair of small scissors to class.

43412 Wednesday 10/24-11/14 \$18R/\$21.50 SR 9:30-11:30am
43413 Wednesday 11/28-12/19 \$18R/\$21.50 SR 9:30-11:30am

CERAMICS

This is an ongoing class where you purchase your bisque and glaze from the instructor. For more information contact the instructor on class day. No class on November 23.

Wednesday/Friday \$3 CR 9:00-2:30pm

COLORED PENCIL

Learn all the major aspects of pencil drawing illustration by using a step-by-step intro to different techniques and compositions. Explore the use of mixed media, burnishing, hatching, stippling and other unique line and texture methods to create impressive drawings. Expand your knowledge and creativity through colored pencil drawing.

43414 Thursday 10/4-11/8 \$19R/\$23NR CR 1:00-4:00pm

CREATIVE MEMORIES

Free
A special day is set-aside for you to preserve and protect your family memories. Mary Ann Konis will have equipment and supplies for you to use and purchase after class, if you choose. If it is your first time attending, please contact Mary Ann at 253.838.3251 prior to class day.

Tuesday 10/2,11/13, 12/11 SR 9:30am-3:30pm

OIL PAINTING

Create your own individual painting or bring a photograph or picture that you would like to paint. Instructor Greta Wiwel, will teach brush and palette knife techniques and concentrate on still-lives, florals and landscapes. You are encouraged to work at your own pace. A supply list is available upon registration.

43415 Tuesday 11/6-12/11 \$28R/\$33.50NR CR 12:30-3:00pm

OPEN PAINTING **Free**

Join in this opportunity to participate in an informal art studio. All artists working with oil, watercolor, drawing, ink pastels, etc. meet every Thursday and work independently. All are invited and welcome to participate. **No class on November 22.**

Thursday CR 9:00am-12:00pm

WATERCOLOR

This 6-week course will cover many aspects of watercolor painting-technique, composition, color, spontaneity, and control. Each session will start with a demonstration of different techniques based on reference material provided by the instructor. Subject matter will lean toward Northwest themes. The goal is to explore the medium and have fun with its wonderful unpredictability. Please pick up a supply list upon registration. **No class November 12.**

43416 Monday 11/5-12/17 \$30R/\$35NR CR 12:30-2:30pm

OPEN WOODCARVING **Free**

Enjoy learning the craft of woodcarving in this student led course. All levels of carvers, from beginners to advanced are encouraged to participate.

Tuesday CR 9:00-12:00pm

Upcoming Creative Arts

Registration starts January 2, 2008.

OIL PAINTING

Create your own individual painting or bring a photograph or picture that you would like to paint. Instructor Greta Wiwel, will teach brush and palette knife techniques and concentrate on still-lives, florals and landscapes. You are encouraged to work at your own pace. A supply list is available upon registration.

Tuesday 1/8-2/12/30 \$28R/\$33.50NR CR 12:30-3:00pm

Special Events

PEN PAL PROGRAM *Free*

For the seventh year, we will coordinate a Pen Pal Program with a 5th grade class from Maplewood Heights Elementary School in the Renton School District. Each participant will be paired with a student and will exchange several short letters throughout the school year. In the spring we all take a trip to the school and have a Pizza Party with our Pen Pals!! This fun and rewarding experience takes very little time and you will have a new friend!! **Please contact Wendy Kirchner by November 1.**

BLACKJACK TUESDAYS

Attention all casino lovers! Here is your chance to test your elements of skill at the popular casino game of Blackjack. Come enjoy a bit of a casino environment once a month as we introduce Blackjack Tuesdays to our lunch program. The first Tuesday of each month we will run Blackjack games for an hour prior to serving lunch. Upon purchasing your lunch ticket, you will receive \$50 (play money) to play Blackjack. During lunch, we will count your winnings and prizes will be awarded to the top three winners! **Lunch is served at 11:30am. Dates are October 2, November 6, and December 4.**

Tuesday	\$3.00 (donation if 60 and up)	A	10:00am
	\$5.75 (charge if under 60)		

BINGO *Free*

Thanks to Sylvester Cugini, who is funding this program in memory of his mother Emma, you can play bingo with us and win a prize. A great big thank you to our caller Hazelle DuBois.

Thursday	10/4, 11/1, 12/6	LMTG	1:00-3:00pm
----------	------------------	------	-------------

THURSDAY AFTERNOON DANCES *Free*

Our multi-talented friend, Bill Bennett, will provide an afternoon of musical entertainment for listening and dancing. This free event will be held every Thursday. Invite your friends and join us for an enjoyable afternoon. **No dance on November 22.**

Thursday		A	1:00-3:00pm
----------	--	---	-------------

SPEAKER: "ELDERHOSTEL - COMBINING *Free* LEARNING AND TRAVELING INTO ONE BIG ADVENTURE"

Each year Elderhostel provides adventures in learning to over a quarter million older Americans. From Arizona to Antarctica, our unique educational programs are offered throughout the United States, Canada, and close to 70 foreign countries. These college level courses have no prerequisites; all that is required is an inquisitive mind and a spirit for adventure. Learn how Elderhostel started and what each adventure costs.

Tuesday	10/9	LMTG	12:30pm
---------	------	------	---------

BEAN BAG BASEBALL *Free*

Attention all you baseball fans! Come join the already popular game of Bean Bag Baseball. We've been playing for a few months and are having a "ball"!! We would love to have you play with us or cheer us on. It's fun, competitive and easy to learn. Bring your spirit and your friends. We are looking into scheduling games with retirement communities and other senior centers. We meet the 2nd and 4th Friday of each month. If the weather is warm, we will play on the Bocce court. **Dates are October 12 and 26, November 9 and December 14 and 28.**

Friday	A/Bocce Court	10:00am
--------	---------------	---------

KING COUNTY METRO REGIONAL REDUCED FARE PERMIT

If you are age 65 or older you can purchase a Regional Reduced Fare Permit.

Tuesday	10/16, 12/11	\$3	SR	10:00-11:00am
---------	--------------	-----	----	---------------

SPEAKER: RETIREMENT COMMUNITY *Free*

Amy Zinnel, Community Relations Coordinator for The Lakeshore, will present retirement living options comparing retirement communities, home health, adult family homes and memory support/specialty care centers. Bring your questions and learn about what retirement care options may best fit your needs.

Tuesday	10/16	LMTG	12:30pm
---------	-------	------	---------

TUESDAY AT THE MOVIES *Free* "FIREHOUSE DOG" - (111 minutes)

Rated PG for peril, mild crude humor and language

Tuesday	10/16	LL	12:30pm
---------	-------	----	---------

"THE ASTRONAUT FARMER" - (104 minutes)

Rated PG for peril and language

Tuesday	11/20	LL	12:30pm
---------	-------	----	---------

TO BE ANNOUNCED

Current holiday movie-check Library door for title & description.

Tuesday	12/18	LL	12:30pm
---------	-------	----	---------

NEWCOMER'S HOUR *Free*

Take this time to meet the staff and learn about all the exciting programs and activities available. Join us in the Lobby.

Thursday	10/18	Lobby	10:00-11:00am
----------	-------	-------	---------------

Thursday	11/15	Lobby	10:00-11:00am
----------	-------	-------	---------------

Thursday	12/20	Lobby	10:00-11:00am
----------	-------	-------	---------------

FLU VACCINATION - TIME TO GET YOURS!

Anne Almgren, from Visiting Nurses Services, will provide flu and pneumonia vaccinations free to those covered by Medicare Part B or Secure Horizons. Please bring your Medicare Part B card or Secure Horizons card. For those not covered by insurance, the cost is \$30 per flu shot and \$40 for the pneumonia shot. Anyone allergic to eggs, chicken or who is undergoing chemotherapy should check with their doctor prior to receiving the injection. **Call 425.430.6633 beginning October 1 to make an appointment.**

Friday	10/19	\$30 (Flu) \$40 (Pneumonia)
--------	-------	---------------------------------

Special Events

AARP RENTON CHAPTER #414 *Free*

Members and non-members are encouraged to attend.

"FIRE SAFETY FOR SENIORS" – Fire Chief Daniels
Friday 10/19 LMTG 1:00pm

"CITY OF RENTON DISASTER PREPAREDNESS" – Deborah Needham
Friday 11/16 LMTG 1:00pm

LUNCHEON/INSTALLATION OF OFFICERS
Call Mary at 425-255-5564 for information.

Friday 12/7

MASQUERADE PARTY

Dig out your glitzy masks, a fun costume or just something bright to wear and come to our Masquerade Party! Quartet of Four will entertain us and we will dine on fresh Bacon, Lettuce & Tomato Sandwiches and potato chips. Supper will be served between 4:00-5:00 pm. **Tickets are on sale and must be purchased by October 17.**

Friday 10/19 \$6 A 4:00-7:00pm

HOLIDAY CRAFT BAZAAR *Free*

Mark your calendar for our annual Renton Senior Activity Center Holiday Craft Bazaar. This is a great time to do some pre-holiday shopping, as we will have over 50 local vendors selling their handcrafted items. Snacks and beverages will be available for purchase throughout the day. The event hours are from 10am to 4pm this year. To obtain a table, you must be 50 years or older and have handcrafted items. Tables are \$10.00 for a full (6-foot) table. **You must register for a table by October 25.**

Saturday 10/27 A/Craft Room 10:00am-4:00pm

BOOK CLUB *Free*

Our book club is going strong and would love for you to join us. The schedule is as follows:

"DREAM FROM MY FATHER: A STORY OF RACE AND INHERITANCE" – Barack Obama

Wednesday 10/31 SMTG 10:00-11:00am

"EAST OF THE MOUNTAINS" – David Guterson

Wednesday 11/28 SMTG 10:00-11:00am

"BROKEN FOR YOU" – Stephanie Kallos

Wednesday 12/19 SMTG 10:00-11:00am

HALLOWEEN LUNCHEON

Dress up in your favorite costume or Halloween attire and join us for a ghastly, ghostly lunch. We will have a costume parade and some fun prizes for creative costumes! Lunch will be served at 11:30am.

Wednesday 10/31 \$3.00 (60 and up) A
\$5.75 (charge if under 60)

HARVEST MOON DANCE

Join us for some social fun on a cool autumn evening at our Harvest Moon Dance. After a hearty meal of Biscuits and Gravy, get up and dance or just sit back and enjoy the music of Joani Noel & Duo. Supper will be served from 4:00-5:00pm. **Tickets will be available October 22 and must be purchased by November 14.**

Friday 11/16 \$6 A 4:00-7:00pm

Free

DECORATING DERBY

Attention all cane, walker and wheelchair users! We are hosting a "Decorate your Apparatus" day and will supply several types of materials for decorating purposes, and you are welcome to bring your own embellishments. A parade to show off your accomplishments will be held during lunch! For participants, there will be some fun prizes and a raffle. If you are staying for lunch, it's a \$3 donation (if 60 and over) or \$5.75 (if under 60).

Monday 11/19 A 10:00-11:00am

THANKSGIVING LUNCHEON

Celebrate the holiday a bit early with your friends at our annual Renton Senior Activity Center Thanksgiving Luncheon. The meal will be served at 11:30am. **Tickets are required and will be available in the Recreation Office beginning October 15.**

Monday 11/19 \$3.00 (60 and up) A
\$5.75 (charge if under 60)

SPEAKER: MEDICARE PART D - *Free* WHAT SHOULD I DO?

Do I stay with my present plan or do I go with a different one? Get the latest information concerning Medicare Part D. Dave Lilly, a volunteer from SHIBA, will be our presenter.

Tuesday 11/20 LMTG 12:30pm

RENTON ROTARY THANKSGIVING DAY CELEBRATION *Free*

Thanks to the support of the Renton Rotary and City of Renton Employee volunteers, the Renton Senior Activity Center will be holding our 13th Annual Thanksgiving Day Celebration. **Tickets are required and will be available beginning November 1. Meal reservations and transportation requests must be made by November 19. Lunch served at 11:45am.**

Thursday 11/22 A 10:00am-2:00pm



Special Events



HOLIDAY LUNCHEON

Put on your festive holiday attire and join us for our annual Holiday Luncheon. Listen to festive music as you dine with your friends. The meal will be served at 11:30am. **Tickets are required and will be available in the Recreation Office beginning November 26.**

Friday	12/21	\$3.00 (60 and up)	A
		\$5.75 (charge if under 60)	

JINGLE BELL ROMP

The holidays are upon us, so what better way to celebrate than coming to our Jingle Bell Romp! Wear your holiday attire (and maybe a bell or two) and we'll have strawberry waffles and sausage and then enjoy the music of our own Bill Bennett. Supper will be served from 4:00-5:00pm. **Tickets will be available November 19 and must be purchased by December 19.**

Friday	12/21	\$6	A	4:00-7:00pm
--------	-------	-----	---	-------------



BREAKFAST WITH SANTA

HO HO HO!!! Children ages 2-12, along with parents and grandparents, are invited to join us for a special Saturday "Breakfast with Santa." Enjoy a mouthwatering breakfast, terrific entertainment and a visit and photo with Santa Claus! Children 12 and under must be accompanied by an adult. The breakfast and program are prepared with the help of several Renton Senior Activity Center volunteers. Two sittings will be available: 9:00am and 12:00pm. **Tickets are required and will go on sale November 1. Tickets will NOT be available at the door.**

Saturday	12/8	\$6	A	9:00am and 12:00pm
----------	------	-----	---	--------------------

SPEAKER - DO YOU STRUGGLE TO ^{Free} HEAR ON THE PHONE?

Telecommunication Equipment Distribution (TED) provides telephone equipment for those who are deaf, hard of hearing and speech impaired. There is a phone that has an extra amplification button for more severe hearing loss and large numbers on the keypad. Cost of equipment varies based on income and sometimes is free. The speaker, Sue Campbell from TED, Office of the Deaf and Hard of Hearing with the State of Washington, will have different types of phones available to see and will assist in completing the application for a phone.

Tuesday	12/11	LMTG	12:30pm
---------	-------	------	---------

General Interest

A.A.R.P. "DRIVER SAFETY PROGRAM"

This classroom oriented (no driving) course covers State Laws, driving conditions and safety. Course completion qualifies seniors for the state mandated insurance premium reduction. **Bring exact cash (instructor does not have change), check, or money order payable to AARP to the first class. Registration in person only begins at 9:00 a.m. on October 1 for the October class and November 1 for the November class. Phone in registration will begin at 9:30 am.**

Tuesday/Thursday 10/23 & 10/25 \$10 LMTG 12:30-4:30pm
 Tuesday/Thursday 11/27 & 11/29 \$10 LMTG 12:30-4:30pm

BIBLE STUDY *Free*

This non-denominational group is open to all individuals who wish to learn more about what the Bible teaches. **No class on November 22.**

Thursday SMTG 9:15-11:30am

BRIDGE LESSONS *Free*

For beginning and intermediate players that would like to learn the mystery of the game called bridge. This will be a hands-on learning (or reviewing) the basic concepts of the game. The bidding (auction) will be explained as well as some of the card playing conventions. The class will be kept light and fun without any pressure to achieve goals. **No class November 22.**

Thursday SS 12:30pm

KEYBOARDS

A new format has been developed combining beginning students with more advanced students. For those just starting out, Laurel will teach you to read notes, arrange music and music theory. If you are more advanced, Laurel will assist you as well. No matter your skill level or interest, Laurel is here to help.

43399 Tuesday 10/9-10/30 \$20R/\$24NR SMTG 9:30-11:30am
 43400 Tuesday 11/6-11/27 \$20R/\$24NR SMTG 9:30-11:30am

Hikes

Hike Rating System

- 1) Easy paved path or trail, no hills.
- 2) Moderately easy; sometimes paved; some slight hills.
- 3) Some difficult terrain, substantial hills or steps; those with health problems should take caution!
- 4) Difficult terrain; steep hills; poorly maintained path.
- 5) Steep hills; significant elevation gain; advanced hikers only.

Prior to registering, continue or start an exercise/walking program that includes hills. Use sound judgment when determining if you are capable of completing the hike. If you have difficulty making that determination, contact Debbie Little, Hike Coordinator, to assist you. It is imperative that you keep a steady pace with an occasional rest stop. If you have not hiked with us before, you must complete a Hike Questionnaire prior to registering for a hike. Cost includes transportation only.

REDTOWN AND TRADITION LAKE

This outing will allow us to visit two locations in the Issaquah Alps. The morning hike will be out of Redtown, a trailhead on Cougar Mountain. This area is deep in coal mining history. In the afternoon we'll go over to Tiger Mountain and hike around the Tradition Lake Plateau. Both are nice trails with two very pretty lakes. Total hiking distance is about 7 miles with a 300 ft. elevation gain rating a #2 on our Hike Rating System. Please wear comfortable hiking boots, dress for the weather, bring a sack lunch, water and a mat to sit on.

42673 Tuesday 10/16 \$6 9:00am-4:00pm



Fitness

AEROBICS

This exercise class has it all! It is designed for the 50 plus age group and all fitness levels. It includes aerobics for cardiovascular health, fat burning and bone density; strength and resistance training to build muscle; stretching to increase flexibility and improve posture; balance for fall prevention; fabulous music and great fun! Your first class is free. Participants work at their own pace. This class is taught by a certified group fitness instructor. **No class on November 12, 22 and December 24.**

Monday/Wednesday/Thursday	\$3	LMTG	9:15-10:15am
Monday/Thursday	\$3	LMTG	10:30-11:30am

EXERCISE WITH THE AID OF A CHAIR *Free*

This class is designed to keep those joints in good condition, tone muscles and stimulate your circulatory system. You are encouraged to exercise at your own pace. No class on November 23.

Wednesday/Friday	LMTG	10:45-11:30am
------------------	------	---------------

SENIOR FITNESS TRAINING

Improve your strength, flexibility and overall fitness while having fun and meeting new people. A special time has been reserved for you every Monday, Wednesday and Friday morning in the Fitness Room at the Renton Community Center, 1715 Maple Valley Highway. This program is for all seniors aged 50 and above. Fee is paid at the Renton Community Center and applied only to this class. **No class on November 12, 23 and December 24.**

Monday/Wednesday/Friday	\$1	RCC	8:00-9:30am
-------------------------	-----	-----	-------------

STRENGTH AND BALANCE

Do you think strength training isn't for the over 50 crowd? Studies show that adults 50 and over who strength train with weights, greatly improve their ability to perform their daily activities, increase bone density, increase metabolism and improve balance. This class will teach you resistance training using correct form and maintaining good posture. Remember: exercising with a friend is a lot more fun...bring one along. Both men and women are encouraged to attend. **No class on November 12 and December 24.**

Monday	\$3	LMTG	1:00-2:00pm
Wednesday	\$3	A	1:00-2:00pm

QIGONG TAI CHI

Join Paula Harms as she helps you limber, loosen and improve your balance and energy with a unique blend of western and eastern exercise forms. Great strength and prowess are not required. A sense of humor is appreciated.

43379 Tuesday	11/27-12/18	\$15R/\$18NR	A	1:00-2:00pm
---------------	-------------	--------------	---	-------------

Sports

BEAN BAG BASEBALL

Attention all you baseball fans! Come join the already popular game of Bean Bag Baseball. We've been playing for a few months and are having a "ball"! We would love to have you play with us or cheer us on. It's fun, competitive and easy to learn. Bring your spirit and your friends. We are looking into scheduling games with retirement communities and other senior centers. We meet the 2nd and 4th Friday of each month. If the weather is warm, we will play on the Bocce court. **Dates are October 12 and 26, November 9 and December 14 and 28.**

Friday	A/Bocce Court	10:00am
--------	---------------	---------

2007 CHAMPIONSHIP POOL TOURNAMENT

The first place finisher in this tournament will be named the 2007 Renton Senior Activity Center Pool Tournament Champion. Both the first and second place finishers will have their names engraved on the trophy located in the pool room. This tournament is for our regular Renton players and those who have participated in a Renton tournament this year. Please use good judgment. **Please register and pay the fee by November 26.**

Thursday	11/29	\$5	PR	9:30am
----------	-------	-----	----	--------

CRIBBAGE TOURNAMENT

Congratulations to John Hinshaw, first place finisher, and Dick Naud, second place finisher, in our August tournament. **To participate in our November tournament, please register and pay the fee by November 27.**

Friday	11/30	\$3	SMTG	9:30am
--------	-------	-----	------	--------



SENIOR SOFTBALL

Congratulations to our Renton Senior Activity Center 2007 Co-Ed Senior Softball team. A huge "thank you" to our sponsor, GenCare The Lodge at Eagle Ridge. Left to Right, front to back: Marsha Corning, Coach Ron Gautreau, Thomas Chinen, Helen Weaver, Tom Blandi, Pat Flattum, Mary Taylor, Bob Sestak, Dan Walter, Rich Corkum, Ray Schafer, Don Corning, Jim Stogsdill, Ray Till and Wade Phillips. Not pictured: Wayne Clark Elliott, Dennis Kohl and Marge Reep.

Healthy Lifestyles

HEARING LOSS ASSOCIATION OF AMERICA-RENTON

This group helps inform, educate and support individuals with hearing loss and meets the 2nd Friday of the month.

Friday	10/12	SR	12:30-1:30pm
Friday	11/9	SR	12:30-1:30pm
Friday	12/14	SR	12:30-1:30pm

LOW VISION EDUCATION GROUP

Learn to understand age related vision loss with this group that meets the 4th Friday of the month. No meeting in November.

Friday	10/26	SR	12:15-1:30pm
Friday	12/28	SR	12:15-1:30pm

WIDOWED INFORMATION AND CONSULTATION (WICS) *Free*

Grieving and recovering individuals often find comfort in talking with others who have had a similar experience. WICS groups are a place where men and women can share their feelings and concerns. The group meets every Wednesday afternoon.

Wednesday	SS	12:30-2:30pm
-----------	----	--------------

Free Drop-In Health Check

Anne Almgren, RN, from Visiting Nurse Services, will be available Mondays, 9:00am-12:30pm, for blood pressure and blood sugar tests; questions about diabetes; nutrition monitoring; instruction about medication; referral to physician or community resources, as appropriate; general health screening and health education; and to answer any questions you may have regarding your health. B12 injections can be done with a doctor's order. No appointment needed, come on into the Nurse's Room.

Volunteer Nurse

Tuesday and Thursday, 9:30-11:30am for blood pressure. No appointment necessary.

Financial Workshops

Dwayne Dilley, a Registered Investment Advisor, specializes in working with senior adults and will be offering the following workshops. Mr. Dilley is a registered representative of Senior Financial Advisors, Inc. **Please register for these workshops by calling 425.430.6633.**

These workshops are designed to be useful and informative. We do not endorse any product or program. It is the individual's responsibility to make informed decisions regarding these issues.

RECREATING THE PAYCHECK: *Free* DISTRIBUTIONS

Do you have a plan for managing distributions from savings and investment accounts through your retirement years? Which accounts should you pull income from first? Should your overall investment strategy change now that you are retired? This workshop will discuss the five basic risks that retirees face in planning for lifetime income, including: longevity risk, inflation, poor asset allocation, too rapid withdrawals and rising health care costs. Learn innovative strategies for reducing the risk of running out of money.

Wednesday	10/10	SMTG	9:30-10:30am
-----------	-------	------	--------------

THE NEW TAX LAW AND YOU *Free*

Last August, Congress passed the Pension Protection Act of 2006. This new law contains important changes that impact everything from your income taxes, to charitable contributions, to how you and/or your beneficiaries are taxed on inherited IRAs. Even your grandchildren's college savings plans are affected. Come learn what all of this means to you.

Wednesday	10/17	SMTG	9:30-10:30am
-----------	-------	------	--------------

REQUIRED MINIMUM DISTRIBUTION RULES *Free*

As the end of the year approaches, do you need to start thinking about mandatory withdrawals the IRS requires from your retirement accounts? The penalty for making a mistake is 50% of any withdrawal shortage. Come learn how this calculation is properly done, especially if you have multiple accounts that may include IRA, 401(k), and 403(b). You will also learn how your retirement plan beneficiaries can "stretch" the tax deferral on your accounts over their entire lifetimes..

Wednesday	10/24	SMTG	9:30-10:30am
-----------	-------	------	--------------

Ongoing Activities Legal Services

Bocce Ball

Equipment is available during operating hours.

Bridge

Duplicate bridge is played on Tuesday and Friday. Both begin at 12:00pm. There is a \$1 charge on each day.

Croquet

Enjoy the outdoors with a friendly game of croquet. Equipment available.

Double-Deck Pinochle

Join the group, and play double-deck pinochle on Thursday afternoons, 12:30-4:30pm in the Game Room.

Handiwork Crochet Group

Bring your own projects to work on every Monday from 9:00-11:30am. Learn how to crochet, knit, tat, embroidery and needlepoint on plastic canvas.

Horseshoes

The pit is open and ready for play. Equipment available.

Mah Jongg

Learn the ancient Chinese tile game in this drop-in activity. If you have your own tiles, please bring them. The group meets every Wednesday, 12:30-3:30pm in the Game Room.

Open Painting

Paint with the medium of your choice: oil, acrylic, watercolor, pencil, drawing, etc. every Thursday from 9:30am - 12:00pm in the Craft Room. Everyone is welcome. Free!

Party Bridge

Play Party Bridge every Monday and Friday starting at 12:30pm.

Pool

Open from 9:00am to 4:30pm daily. Pool tournaments are held every other month. Check the brochure.

Progressive Pinochle

Play every Monday and Wednesday, 12:30-2:30pm. Winners progress to the next table. Everyone is welcome.

Walking Group

Meet in the Lobby at 9:00am on Monday, Wednesday, and Friday. The group walks one to four miles along the Cedar River Trail.



Senior Rights

If you are 55 years of age or older, have a moderate income, and live in King County, trained service volunteers can help you with Medicare, health insurance, Social Security. Will information, burial/funeral information, landlord/tenant responsibilities, Small Claims Court, debt/credit concerns and an Elder Law Clinic. **Call Senior Rights Assistance at 206.448.5720 for information.**

Legal Service

The Young Lawyer's Section of Seattle/King County Bar Association, and City of Seattle sponsor free legal information, advice, and referrals to the public regardless of income level. They handle a wide-variety of legal matters including real estate, landlord/tenant concerns, debtor problems, bankruptcy, consumer affairs and accidents. You will be referred to the nearest neighborhood clinic. **Call 206.340.2593 on Mondays and Thursdays between 9:00am and 3:30pm.**

FREE LEGAL INFORMATION ^{Free}

Free legal information is available to adults 50 years and older on the following topics: Living Trust, Will Guidance (not preparation), Durable Power of Attorney, Health Care Directives, Medicaid qualification, Real Estate, Landlord/Tenant Concerns, Consumer Affairs and Accidents. Half-hour consultation appointments are available. The local Law Office of Dan Kellogg provides this free service. **Call the Renton Senior Activity Center for an appointment on the first working day of the month.**

Monday	10/15	SS	By appointment
Tuesday	10/23	SS	By appointment
Monday	11/19	SS	By appointment
Tuesday	11/27	SS	By appointment
Monday	12/17	SS	By appointment

STATEWIDE HEALTH INSURANCE BENEFITS ^{Free} ADVISOR (SHIBA)

Understanding insurance benefits can be difficult. A trained volunteer from SHIBA will meet with you privately to answer questions in the areas of Medicare (billing procedures), Medicare Part D, health insurance and long term care insurance.

Monday	10/22	SS	By appointment
Monday	11/26	SS	By appointment
Monday	12/10	SS	By appointment

Special Services

Home Repair

The City of Renton Human Services Program offers a variety of home repairs at no cost for eligible residents who live within the City of Renton. If you need a repair, please call **Human Services at 425.430.6650**.

The Butkis Memorial Fund

Mij and Chuck Charbonneau lost their beloved English Bulldog, "Butkis", to an inoperable tumor. In Butkis' absence, Chuck and Mij have decided to continue to provide funding to assist low income senior citizens with emergency pet care needs. Please call the Renton Senior Activity Center at 425.430.6633 for information. The qualifications are:

- 1) The applicant is 60 years of age or older and living on a fixed income (single person \$2,022/month and two persons \$2,644/month).
- 2) The senior applicant and pet live together.
- 3) The senior applicant lives independently of children/grandchildren.
- 4) The pet needs emergency care, including euthanasia but not life support or long-term care.

Senior Pet Food Program

Through the Humane Society's Senior Pet Food Program, free pet food will be delivered to the Renton Senior Activity Center. For information on this program, call **425.430.6633**.

Nutrition

Renton Senior Nutrition Program

The purpose of the Congregate Hot Lunch Program is to provide nutritious meals in a group setting, to encourage social interaction and reduce isolation, and to make support services available to senior citizens age 60 and older. The program can be especially helpful to our older participants who do not eat well because they cannot afford it. They suffer from loneliness, and have little incentive and/or ability to prepare meals at home.

A fully balanced meal, providing 1/3 of your daily nutritional needs, is served at 11:30am. In addition to a hot meal, a soup and sandwich meal is also available. On most days a salad bar is available, in addition to, not in place of, the meal of the day. For individuals 60 years and older, a suggested donation of \$3.00 helps cover the cost of the meal. No eligible senior age 60 or older will be denied a meal if unable to donate. For individuals younger than 60 years old, the charge is \$5.75. Please try to have correct change, as we are not always able to make change.

Note: The dining room is open at 10:00am for reservations and tickets. Groups of five or more must make reservations by Monday the week prior to their visit. On your first visit please complete the Congregate Nutrition Participant Information form and return it to the Nutrition Office. The Nutrition site is provided by the Senior Services of Seattle/King County. For information and meal reservations, call 425.255.7932 between 9:00am and 1:00pm.

Transportation

Handicapped Parking

Disabled persons may obtain a parking sticker by submitting a physician's certificate to a local vehicle licensing office. Forms are available at the reception desk.

King County Metro

If you are a senior citizen 65 years or older, you can receive a Regional Reduced Fare Permit for three dollars (\$3) at the Renton Senior Activity Center on October 16 and December 11 from 10:00-11:00am.

ADA (Americans with Disabilities Act) Paratransit Program is for people who have a disability which prevents them from using a lift equipped Metro bus. There is no income limit. People registered under ADA Paratransit can use ACCESS transportation van service in all areas, on days and times Metro buses operate. Riders can bring a personal care attendant, if they are unable to use ACCESS transportation alone. They can also bring at least one friend on any trip.

Reservations for ACCESS transportation van service can be made up to one week in advance by calling **206.205.5000**. Metro fare is \$.75 per ride.

Volunteer Transportation for Seniors

Qualified volunteer drivers provide rides to medical appointments and other essential services. To qualify for transportation, you need to be 60 years or older, a King County resident and have no other transportation options available. For information, call Volunteer Transportation for Seniors at **206.448.5740** between 8:00am and 3:00pm.

Renton Express

Mini-bus transportation service is designed for senior citizens who need to get to the Renton Senior Activity Center for health services, classes, or volunteering. The basic schedule includes pickups between 8:00-10:00am with take home scheduled from 12:30-2:30pm. Riders are asked to remember the purpose of this service is to provide transportation for as many people as possible, and that pickup/take home schedules will be set to accomplish this goal. Reservations for the early pickup service can be made up to one week in advance by calling the Renton Senior Activity Center at **425.430.6637**. Regular van riders can be put on a regular schedule. Just ask staff for more information. Grocery shopping to Fred Meyer and Wal-Mart with Bert will be every Thursday leaving the Renton Senior Activity Center at 10:00am. Rider donation is .50 cents each way for Renton residents and \$1.00 each way for non-residents living within the Renton School District boundaries.

General Information

Policies

We do not provide respite care, adult daycare, and/or services that would normally be provided by a trained attendant, nurse or personal caregiver (i.e., incontinence, inability to use the restroom independently or preventing a participant from leaving the facility). In addition, the provision of any personal care by staff for a participant is beyond our capability. Senior adults with special needs may be eligible for other community-based programs. Contact ElderHealth Northwest Connections at (425) 227-9095.

This brochure is for informational purposes only and is subject to change without prior notification. The programs offered at the Renton Senior Activity Center are designed to be useful and informative. We do not endorse any product or program that is presented. It is the individual's responsibility to make informed decisions regarding these issues.

All announcements, posters or flyers must be cleared through the Recreation office.

The Renton Senior Activity Center is a non-smoking facility. Smoking is allowed outside the building only, per the Washington Clean Air Act, RCW 10.160.

Medical Information Card

We encourage all participants to complete a **blue medical information card** which provides us valuable information in the case of an emergency. Ask at the reception desk.

Parking

Park ONLY in designated parking spaces. Carpool or take the bus if possible, and observe the handicapped signs. If you park illegally your car may be towed. Do not leave valuables in your car. Overflow parking is available on the backside of Carpenter's Hall and at Renton Stadium.

ADA Accommodations

Most City of Renton facilities are wheelchair accessible. The City of Renton provides reasonable accommodations for those with disabilities. American Sign Language (ASL) interpreter available upon request. For this or other assistance, please call two business days in advance: 711 (TDD) or 425.430.6600.

Resident Policy

Addresses within the greater Renton area do not accurately indicate whether or not a household and/or business is located within Renton city limits or unincorporated King County. If your address conforms to the examples below, you live inside the Renton City limits.

- ◆ Have a four digit or less house number and a one or two digit street address. For example, 1234 SE 4th Street, Renton.
- ◆ Have a four digit or less house number and a street name. For example, 1234 Main Avenue S., Renton.
- ◆ Have a five digit house number and were annexed by the City of Renton after August 25, 2006.

Registration

Legend

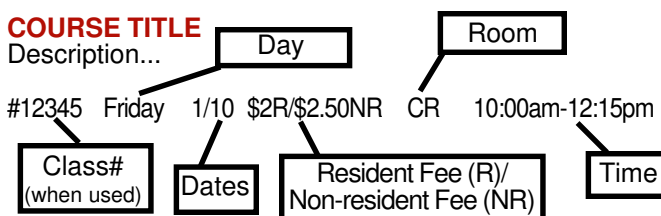
Downstairs:	Upstairs:
A = Auditorium	PR = Pool Room
L = Lobby	GR = Game Room
LL = Library Lounge	CMP = Computer Room
CR = Craft Room	SMTG = Small Meeting Room
SR = Sewing Room	LMTG = Large Meeting Room
NR = Nurses Room	
SS = Special Services Room	
CB = Coffee Bar	

Registration Procedure

In an attempt to make our registration procedure easier and more convenient, you are now able to register for any class, trip or service on the first day of registration (**October 1 for this brochure**). We will no longer have staggered registration dates unless indicated in the description. This procedure may create lines at times, however we believe that it will be more convenient for you by eliminating the need to make multiple trips to the Senior Activity Center.

What Do Those Numbers Mean?

Confused about how to read this brochure and what all those numbers mean? Below is information that may be helpful.



Registration Options



Walk-In

Renton Senior Activity Center
211 Burnett Avenue N.
Renton, WA 98055

Internet or Touch Tone Registration

Cyber Sign-Up (www.cybersignup.org) and **Fast Fone-In** (425.430.6729) are available 24 hours a day. These systems allow you to register for courses via computer or telephone. All you need is the following:



- Valid Visa or MasterCard number and expiration date
- Family PIN
- Participant barcode
- Course number

Payment Options

You can pay for programs and activities at the Renton Senior Activity Center in the following ways.

- Cash
- Visa
- Check or money order
- MasterCard



Register for recreation programs on-line at www.cybersignup.org or via touch-tone at 425.430.6729.

Hours

Monday - Friday 9:00am -5:00pm

Staff

Shawn Daly
Senior Citizen Coordinator
Debbie Little
Recreation Specialist
Kathy Svedin
Secretary
Wendy Kirchner
Recreation Programmer
Patty Wills
Recreation Programmer
Bert Feskens
Bus Driver
Rosie Warren
Bus Driver

Renton Senior Activity Center
211 Burnett Avenue North
425.430.6633

City Officials

Kathy Keolker, Mayor

Terry Higashiyama
Community Services Administrator

City Council

Randy Corman
Terri Briere
Dan Clawson
Denis Law
Toni Nelson, Chair
Marcie Palmer
Don Persson

Park Commission

Cynthia Burns
Al Dieckman
Michael O'Donin
Ron Regis
Larry Reymann
Tim Searing, Chair
Troy Wigstrand

Senior Advisory Board

Mary Burns-Haley
Ben Cheney
Madeline Donckers
Eric Eastberg
Mary Ann Ellingson
Mary Lou Gilbert
Jane Goodwin
Edie Mae Lawyer
Doug Gregory
Ruby Griffin
Elaine Koehler
Emilie McCue
Marge Reep
Rose Warren
Fern Ziebell

Fabulous Fridays

Dinner! Dance! Social!



MASQUERADE PARTY

Dig out your glitzy masks, a fun costume or just something bright to wear and come to our Masquerade Party! Quartet of Four will entertain us and we will dine on fresh Bacon, Lettuce & Tomato Sandwiches and potato chips. Supper will be served between 4:00-5:00 pm. **Tickets are on sale and must be purchased by October 17.**

Friday 10/19 \$6 A 4:00-7:00pm

HARVEST MOON DANCE

Join us for some social fun on a cool autumn evening at our Harvest Moon Dance. After a hearty meal of Biscuits and Gravy, get up and dance or just sit back and enjoy the music of Joani Noel & Duo. Supper will be served from 4:00-5:00pm. **Tickets will be available October 22 and must be purchased by November 14.**

Friday 11/16 \$6 A 4:00-7:00pm

JINGLE BELL ROMP

The holidays are upon us, so what better way to celebrate than coming to our Jingle Bell Romp! Wear your holiday attire (and maybe a bell or two) and we'll have strawberry waffles and sausage and then enjoy the music of our own Bill Bennett. Supper will be served from 4:00-5:00pm. **Tickets will be available November 19 and must be purchased by December 19.**

Friday 12/21 \$6 A 4:00-7:00pm

Planning a Party?

The Renton Senior Activity Center, located along the banks of the Cedar River offers a Banquet Room with a view. Hardwood floors, elegant stage, outside patio, and kitchen make this facility an ideal venue.

Senior Rates:

Wednesday/Friday (5-hour min.)
Saturday/Sunday (5-hour min.)
Additional hours

Non-Senior Rates:

Friday (5-hour min.)
Saturday/Sunday (10-hour min.)
Additional hours

Resident

\$225
\$325
\$75/hour

Resident

\$375
\$750
\$75/hour

Non-Resident

\$300
\$400
\$75/hour

Non-Resident

\$450
\$900
\$90/hour

Wednesday/Friday rentals are available after 5:00pm only. **Additional hours are not available on Wednesday.** Damage deposit applies to all rentals. Cost is \$400 for all non-senior events and \$100 for senior events (unless alcohol is served, then the \$400 deposit is required.)

